

100 DAYS OF SELF CARE

For the next 100 days, spend 10 minutes a day, or more if you are able, engaging in a deliberate and thoughtful act of self-care. The following are suggestions to get you started!

Practice your breathing

Go outside

Make a list of what you're grateful for

Bake or cook

No Screens! Turn off your phone

Drink a glass of water

Make a cup of tea or coffee

Do yoga

Write a letter to a friend or family member

Make a To-Do List (or Not-To-Do List)

Use self-compassion

Give a compliment

Tackle a chore at home

Read!

Go to the gym/ exercise!

Journal

Take extra time to get ready in the morning

Try a new hobby

*Remember: It's okay to make yourself a priority!
Make note of your favorite self-care routines to share with others each week!*